

Safe & Sound Protocol® (SSP) – Information Sheet

Supporting Nervous System Regulation, Auditory Processing & Social Engagement

At Children's Therapy Services, we use a range of evidence-informed, functional neurology approaches to support children's neurological, sensory, emotional, and developmental needs. The Safe & Sound Protocol (SSP) is one of these tools, designed to support regulation, listening, and connection through targeted auditory input.

What is the Safe & Sound Protocol?

The Safe & Sound Protocol (SSP) is a non-invasive, auditory-based intervention developed from Polyvagal Theory by Dr. Stephen Porges. It uses specially filtered music to stimulate the auditory system and support the nervous system to move into a calmer, more regulated state.

It is designed to:

- Support nervous system regulation and reduce stress responses
- Improve auditory processing, particularly for speech sounds
- Enhance social engagement and communication
- Reduce sensory sensitivities and overwhelm
- Support readiness for learning and therapy

Why We Use SSP in Our Clinic

Children who experience challenges with regulation, sensory processing, or social engagement may have differences in how their nervous system responds to the environment. SSP supports 'bottom-up' regulation, helping the body feel safe, calm, and more able to engage in everyday activities.

The SSP may be used to:

- Support emotional regulation and reduce anxiety
- Improve attention and engagement in tasks
- Enhance listening and communication skills
- Reduce auditory sensitivities
- Prepare children for other therapies

Understanding How SSP Supports Therapy

Nervous System Regulation

- Supports a calmer physiological state
- Helps reduce hypervigilance and stress responses
- Promotes a sense of safety and connection

Auditory Processing & Sensory Integration

- Improves the brain's ability to process speech sounds
- Reduces sensitivity to background noise
- Supports sensory comfort and tolerance

Social Engagement & Communication

- Supports eye contact, engagement, and interaction
- Enhances emotional expression and connection
- Improves readiness for social participation

How the Safe & Sound Protocol is Delivered

SSP is delivered through headphones, typically across multiple short listening sessions over several days. Sessions are tailored to each child's needs and tolerance, and are supported by a trained therapist.

A typical program may include:

- Initial assessment and goal setting
- Individualised listening plan
- Short daily listening sessions (5–30 minutes)
- Regular check-ins and monitoring
- Integration with other therapies

What Are the Benefits?

- ✔ Improved emotional regulation and reduced anxiety
- ✔ Better attention and engagement
- ✔ Enhanced listening and communication
- ✔ Reduced sensory sensitivities
- ✔ Greater participation in learning and social environments

Who May Benefit?

SSP may be helpful for children experiencing:

- Anxiety, stress, or emotional dysregulation
- Sensory processing differences
- Auditory sensitivities or listening difficulties
- Autism or ADHD
- Social communication challenges

Is SSP Safe?

Yes. SSP is a non-invasive intervention and is safe when delivered under guidance from a trained professional. Each program is carefully tailored and monitored to ensure the child's comfort and progress.

Our Approach at Children's Therapy Services

SSP is integrated into a whole-child, individualised therapy plan that may include functional neurology, sensory integration, speech therapy, and emotional regulation support. All interventions are aligned with meaningful, functional outcomes for each child.